



Stock losses in the floods and heat: Look after yourself, your family and mates

Graziers are facing an unprecedented disaster. We cannot save all the cattle. We cannot bury all the carcasses. But we can protect our physical and mental health.

Priorities:

1 Your body:

- Take precautions against disease and injury. Don't take risks.
- Elderly and chronically ill people – do not get in the mud and dirt. Take support roles only.

2 Your mind and emotions:

- Talk about it. Support each other. Get help if you are struggling. Ring a helpline (below)
- Go easy on alcohol or other drugs

3 Your livelihood:

- Community Recovery 1800 173 349
- Qld Rural and Industry and Development Authority – grants - 1800 623 946
- Department Human Services – recovery payments – 180 22 66

Disease risks:

- Wash your hands. Often.
- Carcasses can swell and burst. They release contaminated liquids. Avoid touching them directly
- Gastro from germs in rotting cattle
- Severe wound infections from contaminated mud
- Tetanus from dirty wounds
- Melioidosis or Leptospirosis from flood water contact or droplets
- Q fever from animal contact, or dust from birth products (after it dries out)
- Heat exhaustion and heat stroke
- See detailed instructions from DAFF on carcass disposal (below)

Beat the heat:

- Carry and drink a lot of cool, clean water
- Keep out of the sun in the heat of the day

Protective gear:

- Wide hat, sunglasses, sunscreen, boots and gloves
- Move dead animals with a backhoe, not your hands
- If in contact with carcasses or livestock, wear long pants and sleeves
- Soon you will need insect repellent for mozzies and flies. Use DEET or Picaridin
- When it dries out, you may need a particulate (P2) face mask for dust

Wounds:

- Even a small cut or graze can become infected from mud
- Wash wounds carefully, consider antiseptic, then a waterproof bandage. Keep it dry and clean
Get a health check *before* it gets infected and check your tetanus shots

Immunisations:

- Tetanus: After confirmed childhood doses, you still need a booster at least every 10 years, and *after any dirty wound*
- Q Fever shots would take up to six weeks to work, including preliminary tests. Those already vaccinated should handle stock if possible

More information:

Health advice: Your own doctor or call the nurse at 13HEALTH (13432584)

Or visit: <https://www.qld.gov.au/community/disasters-emergencies/recovery-after-disaster/cleaning-up>

Mosquito borne disease prevention:

<https://www.qld.gov.au/health/conditions/all/prevention/mosquito-borne>

Black flies:

<http://conditions.health.qld.gov.au/HealthCondition/condition/20/122/814/black-flies>

Flooded homes:

<https://www.qld.gov.au/community/disasters-emergencies/recovery-after-disaster/cleaning-up/returning-to-buildings>

DAFF guidelines for handling carcasses:

<https://www.daf.qld.gov.au/business-priorities/agriculture/disaster-recovery/natural-disaster/carcass-disposal>

Help lines:

NQConnect – 1300 059 625

Lifeline – 13 11 14

Kids Helpline – 1800 551 800

1300 MH CALL: Mental health access line – 1300 642 255

National Indigenous Critical Response Service (NICRS) – 1800 805 801

Community Recovery Hotline – 1800 173 349

Qld Rural and Industry and Development Authority – grants - 1800 623 946

Department Human Services – recovery payments – 180 22 66

Emergency Housing Assistance – 13 74 68

Translating and Interpreting Service – 13 14 50